

Crab-Stuffed Cherry Tomatoes

1 pint cherry tomatoes
 1 6 ounce can crab meat
 2 green onions, finely chopped
 2 tablespoons dry breadcrumbs
 1 teaspoon fresh parsley, finely minced
 1 teaspoon white wine vinegar
 ½ teaspoon fresh dill, finely minced or ¼
 teaspoon dried dill weed
 Paprika

Slice stem end from tomatoes and scoop out pulp. Invert tomatoes and place on a paper towel to drain. Combine crabmeat, green onions, breadcrumbs, parsley, vinegar, and dill weed in a small bowl and mix well. Spoon mixture into tomatoes. Line a microwave-safe plate with a paper towel and arrange tomatoes. Microwave on high for 2 to 4 minutes or until heated through, turning plate several times. Sprinkle with paprika. Makes 5 servings.

Approx. per serving: 53 calories; 1 gram of fat.



Almond Chicken Salad

4 cups cooked skinless boneless chicken breast, chopped
 1 cup celery, chopped
 1 cup seedless green grapes, halved
 1 teaspoon salt (optional)
 ¼ teaspoon pepper
 ½ cup fat-free mayonnaise
 ½ cup low-fat plain yogurt
 ¼ cup almonds, chopped and toasted
 Lettuce

Combine chicken, celery, grapes, salt and pepper in a large bowl. In a small bowl, blend mayonnaise and yogurt, then add to chicken mixture and toss to mix. Chill for several hours. Add almonds just before serving and toss lightly. Arrange lettuce on salad plates and spoon salad onto lettuce. Makes 8 to 10 servings.

Approx. per serving: 101 calories; 3 grams of fat.

Banana Bread

2 or 3 very ripe bananas, mashed
 1 cup uncooked oatmeal, regular or quick
 ½ cup milk
 1 cup brown sugar, packed
 4 egg whites
 4 tablespoons margarine
 ¼ cup applesauce
 2 cups all-purpose flour
 1 tablespoon baking powder
 1 teaspoon baking soda
 1 teaspoon salt
 1 teaspoon cinnamon

Preheat oven to 350 degrees. Mash bananas in a medium bowl and stir in oatmeal and milk, then set aside. In a mixing bowl, cream sugar, egg whites, margarine, and applesauce until smooth. Sift together flour, baking powder, baking soda, salt and cinnamon. Add banana mixture, beating thoroughly. Pour batter into 2 greased loaf pans and bake for 1 hour. Makes 24 slices.

Approx. per serving: 103 calories; 2 grams of fat.